

# Unconditional Love: Tell them you love them and do it often

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## Top Tips

- Tell them they are loved simply because they are your child.
- Your love needs to be unconditional even when you disagree.
- Even when they've behaved badly tell them you love them.
- Set a goal to never end the day without letting your child know they are loved.
- Surprise them sometimes by telling them you love them when they don't expect it.
- Write how you feel in cards, notes, emails and text messages for them.



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